

As a busy driver, you may be thinking: "I don't have time to exercise" or "I'm too tired by the end of the day to exercise." But physical activity is critical for keeping up energy levels because it boosts circulation and improves heart health. Active bodies sleep more soundly because exercise helps with stress-management. And we all know that truck driving is a very stressful job.

USING YOUR TRUCK TO STAY HEALTHY



Here are some exercises you can do to stay healthy right from the comfort of your truck cabin:

- Pushups
- Planks
- Dips
- Curl-ups

If you want to get more ambitious, you can carry some minimal exercise equipment with you, such as:

- Dumbbells
- Kettle balls
- Exercise bands
- TRX bands
- Folding bicycle

You can also do shoulder, arm, and hand/wrist stretches from your seat. If you have an empty trailer or a full load with a flatbed, you can perform additional exercises outside the trailer.

The more you exercise regularly, the more your energy level will improve. With consistent, moderate exercise, you will notice better endurance throughout the day.

For exercise tutorials and inspiration, visit YouTube and search for "Exercises for truck drivers."

Consult with your physician before starting exercise regimen.